

THOMAS A. GLAZIER SENIOR EDUCATION CENTER



November Event Calendar

Monday – Friday

7:30 a.m. – 4 p.m.

713-274-3250

16600 Pine Forest Lane

Houston, 77084

cp4.harriscountytexas.gov/glazier





HAPPY

Thanksgiving

*The center will be closed
Thursday, Nov. 23 - Saturday, Nov. 25*

This Thanksgiving Day we are grateful
for all of you!





HARRIS COUNTY PRECINCT 4
**COMMISSIONER
LESLEY BRIONES**

All Precinct 4 Community Centers will be

CLOSED

THURSDAY, NOV 30

For staff development

MONDAY

7:30 a.m. – 4 p.m. – Table Tennis
7:30 a.m. – 8 a.m. – Walkercise Video
8 a.m. – 9 a.m. – Cardio Dance
9 a.m. – 10 a.m. – Community Garden
9 a.m. – 10 a.m. – Senior Boot Camp
10 a.m. – 11 a.m. – The Breakfast Klub
10:15 a.m. – 11:15 a.m. – Ballet Bar
11:30 a.m. – 12:30 p.m. – Line Dance
12:30 – 1 p.m. – Meditation for Relaxation
1 p.m. – 2 p.m. – Yoga for Strength, Flexibility, and Balance
1 p.m. – 2 p.m. – Russian Language Conversation
1 p.m. – 3 p.m. – Crochet Meet-Up
2:30 p.m. – 3:30 p.m. – Chair Volleyball

TUESDAY

7:30 a.m. – 4 p.m. – Table Tennis
7:30 a.m. – 8 a.m. – Walkercise Video
8 a.m. – 9 a.m. – Dance Exercise
9:30 a.m. – 10:30 a.m. – Gyrokinesis
10 a.m. – noon – Watercolor Meetup
11 a.m. – noon – Yoga for Strength, Flexibility, and Balance
1 p.m. – 2 p.m. – Glazier Choir

WEDNESDAY

7:30 a.m. – 4 p.m. – Table Tennis
7:30 a.m. – 8 a.m. – Walkercise Video
8 a.m. – 9 a.m. – Dance Exercise
9 a.m. – 10 a.m. – Line Dance
10:15 a.m. – 11:15 a.m. – Gyrokinesis
10:30 a.m. – 11:30 a.m. – Laughter Yoga
11:30 a.m. – 12:30 p.m. – Cardio Dance
1 p.m. – 3 p.m. – Would-Be Writers Workshop

THURSDAY

7:30 a.m. – 4 p.m. – Table Tennis
7:30 a.m. – 8 a.m. – Walkercise Video
8 a.m. – 9 a.m. – Dance Exercise
9 a.m. – 10 a.m. – Senior Boot Camp
10 a.m. – 11 a.m. – Spanish Conversation
10:30 a.m. – 11:30 a.m. – Parkinson's Ping-Pong
1 p.m. – 3 p.m. – Women's Writing Workshop

FRIDAY

7:30 a.m. – 4 p.m. – Table Tennis
7:30 a.m. – 8 a.m. – Walkercise Video
8 a.m. – 9 a.m. – Cardio Dance
9 a.m. – 10 a.m. – Senior Boot Camp
9:30 a.m. – 10:30 a.m. – Spanish Club
9:30 a.m. – noon – Ukulele Super Jam
10:15 a.m. – 11:15 a.m. – Gyrokinesis
11:30 a.m. – 12:30 p.m. – Cardio Dance
1 p.m. – 2 p.m. – Yoga for Strength, Flexibility, and Balance
1 p.m. – 3 p.m. – Chess Club Meet-Up
2:15 p.m. – 3:15 p.m. – Chair Dance
2:30 p.m. – 3:30 p.m. – Chair Volleyball



**Voted Best Senior Center
4 years in a row!**

Ongoing Programs

TABLE TENNIS

Monday – Friday, 7:30 a.m. – 4 p.m.

Table Tennis is available throughout each day. Play with friends, improve your balance, and enjoy a game that is easy on the joints. Benefits of table tennis include improvements in hand-eye coordination, mental acuity, and strengthening of the body.

WALKERCISE: WALK AWAY THE POUNDS VIDEO

Monday – Friday, 7:30 – 8 a.m.

Get fit quickly with America's #1 walking system. Walk Away the Pounds gives you a powerful and energizing workout while building strength, endurance, and flexibility. Enjoy a power-packed cardio, followed by a targeted body-toning routine, and a series of yoga-like stretching moves that will leave you feeling both challenged and renewed.

CARDIO DANCE

Mondays and Fridays, 8 – 9 a.m.

Wednesdays and Fridays, 11:30 a.m. – 12:30 p.m.

This class is a mixture of low- and high-intensity workout moves for a dance/fitness party set to a variety of music for a total-body workout. Many genres of music are mixed in one session. The class instructors are subject to change.

GLAZIER COMMUNITY GARDEN

Mondays, 9 – 10 a.m.

The garden features raised beds and is wheelchair accessible so seniors of all levels of physical ability can participate. All produce is organic and free of pesticides. If you participate in the planning, weeding, watering, and other weekly garden tasks, you may also reap the goodness of the local, fresh, and organic harvest.

SENIOR BOOT CAMP

Mondays, Thursdays, and Fridays, 9 – 10 a.m.

This class provides fun and engaging total body workout sessions for all fitness levels, focusing on strength, muscle building, and improved stamina. For a workout schedule please see a staff member.

Ongoing Programs

THE BREAKFAST KLUB

Mondays, 10 – 11 a.m.

Begin your morning with great conversation, making new friends, and enjoying a light breakfast. Please bring your own breakfast such as breakfast bars, boiled eggs, fruit, etc.

BALLET BAR

Mondays, 10:15 – 11:15 a.m.

Join volunteer instructor, Marie, for this strengthening exercise for your legs and core using chairs instead of ballet bars. Learn to balance, stretch, and strengthen your body and core. Ballet bar class uses a combination of physical therapy movements. Wear socks or ballet slippers.

MODERN LINE DANCE

Mondays, 11:30 a.m. – 12:30 p.m.

Wednesdays, 9 – 10 a.m.

Join volunteer instructor, Bert, to move to the beat of songs ranging from top 40 hits, oldies, hip hop, and Latin rhythm, to hits trending on the internet. The dance steps are designed to match the rhythm of the music and are easy to follow. Line dancing is a good aerobic exercise and can help reduce stress by releasing mood-enhancing endorphins.

MEDITATION FOR RELAXATION

Mondays, 12:30 – 1 p.m.

Enjoy meditation with Radha, a volunteer instructor with 30 years of experience. Meditation facilitates beneficial habits such as a positive mood, self-discipline, and healthy sleep patterns. Meditation may also reduce stress and anxiety, and lower your blood pressure.

RUSSIAN LANGUAGE CONVERSATION

Mondays, 1 – 2 p.m.

Learn the Russian language with Sergeui, a volunteer and native-born Russian, who is also a professor of philosophy and applied sociology. Learning a new language is excellent exercise for your brain and keeps dementia at bay.

Ongoing Programs

CROCHET MEET-UP

Mondays, 1 – 3 p.m.

Enjoy crocheting with Bobbie, a volunteer, and other members in a relaxing atmosphere. Crocheting can reduce stress and anxiety, relax the mind, and increase productivity. Learn new patterns and share crochet ideas with other members. Please bring your own supplies.

CHAIR VOLLEYBALL

Mondays and Fridays, 2:30 – 3:30 p.m.

Chair volleyball is played inside. Players sit in chairs while hitting a beach ball. The net is lower than traditional volleyball, usually five feet high, and each team seats players on each side of the net. Chair volleyball is great for upper body mobility and joint flexibility. It also enhances your muscle tone, reflex, endurance, and hand-to-eye coordination.

DANCE EXERCISE

Tuesdays, Wednesdays, and Thursdays, 8 – 9 a.m.

Many genres of music are mixed in one session for a total workout. This class combines cardio, conditioning, balance, and flexibility set to various types of music for a total-body workout.

GYROKINESIS

Tuesdays, 9:30 – 10:30 a.m.

Wednesdays and Fridays, 10:15 – 11:15 a.m.

Gyrokinesis work the joints and muscles of the entire body through rhythmic breathing and undulating movements. This new way of motion heals the body, decreases stress, and relieves pain. This therapeutic, gentle, and healing exercise class is for all levels.

WATERCOLOR MEETUP

Tuesdays, 10 a.m. – noon

The watercolor lessons are designed for self-expression, relaxation, and fun. Learn various watercolor fine art techniques. This class is for people who would like to meet up with others to spend time water coloring and sharing ideas. Please bring your own paints, brushes, paper, and other supplies. All levels are welcome.

YOGA FOR STRENGTH, FLEXIBILITY, AND BALANCE

Mondays and Fridays, 1 – 2 p.m.

Tuesdays, 11 a.m. – noon

Yoga can improve flexibility and balance, enhance strength, and boost your mood. Beginners will learn the basics and variations will be offered for those with more experience. Please bring a yoga mat.

GLAZIER CHOIR

Tuesdays, 1 – 2 p.m.

Singing offers great benefits such as fewer incidences of depression, easier breathing, improved posture, improved brain function, and more. No prior singing experience is required. All singing abilities are encouraged and welcome.

LAUGHTER YOGA

Wednesdays, 10:30 – 11:30 a.m.

Join in the laughter with volunteer instructors, Rick and Emma. Laughter is positive energy that improves your mood and encourages the body to fight disease. It also increases blood circulation and relaxes the muscles. It is a powerful antidote for depression and stress.

WOULD-BE WRITERS WORKSHOP

Wednesdays, 1 – 3 p.m.

Are you a would-be writer, author, poet, blogger, or storyteller? The Would-Be Writers Workshop is a group for beginners, dreamers, and all would-be writers facilitated by volunteer, Marie. Please bring a pen, legal pad, or laptop, and let's get started.

SPANISH CONVERSATION

Thursdays, 10 – 11 a.m.

Practice conversational Spanish with your classmates. This class is facilitated by a native Spanish speaker. Learn vocabulary, phrases, and idioms, to broaden your Spanish vocabulary for travel, friendship, and fun.

PARKINSON'S PING-PONG

Thursdays, 10:30 – 11:30 a.m.

Join the Houston Area Parkinson's Society for a game of ping-pong. If you have Parkinson's Disease and would like to work on balance, footwork, and hand eye coordination, you are invited to join this fun ping-pong group. Registration required.

WOMEN'S WRITING WORKSHOP

Thursdays, 1 – 3 p.m.

Are you a would-be writer, author, poet, blogger, or storyteller? The Women's Writing Workshop is a support group for beginners, dreamers, and all would-be writers facilitated by volunteer, Marie. Please bring a pen, legal pad, or a laptop, and let's get started.

SPANISH CLUB

Fridays, 9:30 – 10:30 a.m.

Learn various Spanish vocabulary words and phrases in this relaxed and fun Spanish class designed for any level.

UKULELE SUPER JAM

Fridays, 9:30 a.m. – noon

Enjoy jamming with the original recordings of popular songs with volunteer instructor, Rick. Have fun and build stamina, speed, sense of tempo, and confidence, while learning various tricks and tips. All levels are encouraged and welcome. Ukuleles are also available upon request.

CHESS CLUB MEET-UP

Fridays, 1 – 3 p.m.

Chess is one of the world's most popular games. It enhances analytical and critical thinking skills, improves cognition, improves memory, and is a great way to stay social and engaged.

CHAIR DANCE

Fridays, 2:15 – 3:15 p.m.

Chair dancing encourages health and fitness for active people who want a low-impact workout. Including those who want to lose weight and tone up, or those recuperating from injury or surgery.

Ongoing Programs

EXPLORING THE BIOLOGY OF FEAR AND LOATHING

Wednesday, Nov. 1, 1:30 - 2:30 p.m.

Join a Lonestar College Cy-Fair biology professor for an interesting lecture about fear. Learn about the importance of recognizing how anxiety can be not only unhealthy but can also be healthy depending on how it is received and acted upon. We will also discuss the body's physical, physiological, neural, hormonal, metabolic, and even genetic responses to stress and fear.

AFFORDABLE CONNECTIVITY PROGRAM

Wednesday, Nov. 1, 2:30 - 3:30 p.m.

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service. The benefit provides a discount of up to \$30 per month toward internet service for eligible households. The Office of Broadband in Harris County Universal Services will discuss the benefits, eligibility, and provide opportunities to enroll in the program.

SHADE GARDENING

Thursday, Nov. 2, 10 - 11 a.m.

Be excited about your shady garden! Explore the world of diverse plants that thrive in shade. Learn about how to care for them with a Harris County Precinct 4 Master Gardener.

CONTEMPORARY BOOK CLUB

Thursday, Nov. 2, 1 - 2 p.m.

Please read [The House of Broken Angels](#) by Luis Alberto Urrea prior to the meeting, and visit the center for additional details. The contemporary book club meets on the first Thursday of each month.

VAN GOGH: HIS LIFE IN ART

Thursday, Nov. 2, 1 - 2 p.m.

Join a representative from the Museum of Fine Arts, Houston to discuss Van Gogh. This presentation will give you a view into his life through his paintings and drawings and will be based on solid information from the Van Gogh Museum in Amsterdam and other like institutions. You will have a better appreciation of his life-long struggle with illness and self-doubt and better appreciate his great talent.

CULTURAL JOURNEYS WITH MIKE ADAMS

Thursdays, Nov. 2 - Dec. 14, 2 - 3 p.m.

One of Glazier's favorite volunteer speaker, Mike Adams, will present a five-week Cultural Journeys series. A different topic will be discussed every week. He will include his stay and travels from Petra, Italy, Africa, Iberian Peninsula, and Emerald Isle.

MODERN MOVIES

Fridays, Nov. 3 and 17, 11:30 a.m.

Bring a friend and enjoy a relaxing afternoon with a movie. Movies from various genres will be played throughout the month. Visit the center for movie details.

HEALTHY WEIGHT, HEALTHY LIFE

Tuesday, Nov. 7, 10 - 11 a.m.

Adopting healthy eating habits and being physically active are some of the best ways to maintain a healthy weight. Maintaining a healthy weight reduces your risk for more than 10 types of cancer. Get tips and tools to help you eat better, be more active and monitor your weight with a representative from MD Anderson.

WORRIED ABOUT YOUR MEMORY? IT MAY NOT BE DEMENTIA

Tuesday, Nov. 7, 2 - 3 p.m.

How can you tell the difference between normal age-related memory lapses and dementia-related memory lapses? Learn how to distinguish the difference with a registered nurse from Amazing Place. She will review situations attributed to age-related changes and share lifestyle habits that can increase your chances of aging successfully.

MICROSOFT EXCEL

Wednesday, Nov. 8, 10:30 a.m. - noon

Learn how to use Microsoft Excel with a librarian from Harris County Public Library. Learn how to create a spreadsheet and utilize the various tabs in Excel to enhance your spreadsheet. Registration required.

November Special Events

PEARLS: ARE DIAMONDS REALLY A GIRL'S BEST FRIEND - OR COULD IT BE PEARLS INSTEAD?

Wednesday, Nov. 8, 1 - 2 p.m.

Join a representative from the Museum of Fine Arts, Houston to discuss pearls. This presentation will cover the following topics about pearls: general information, the history of natural and the creation of cultured pearls, religious references, pearls as a fashion accessory and sign of wealth and power, and the specific background of a famous, possibly infamous, pearl.

BIBLE HISTORY SERIES

Wednesdays, Nov. 8 and 29, 2 – 3:30 p.m.

How do ancient customs influence us today? Using original Hebrew and Greek roots, we investigate patterns in biblical text that reveal the Bible to be a treasure trove just waiting to be explored. Learn more about the history of the bible with volunteer instructor, Barbara.

RESPIRATORY ILLNESSES

Thursday, Nov. 9, 10:30 - 11:30 a.m.

Learn current COVID-19 hospitalization rates, vaccine information, and ways to protect yourself and loved ones from contracting the virus. Also, learn about RSV symptoms and precautions with Harris County Public Health Office of Epidemiology, Surveillance and Emerging Diseases. Flu symptoms, precautions, vaccination updates and infection rates will be discussed as well.

JUPITER!

Thursday, Nov. 9, 1 - 2 p.m.

Jupiter makes its closest approach this year on November 3rd and for the next month will be exceptionally bright in the evening sky. A member from the Houston Astronomical Society will discuss all things Jupiter, from the discovery of the four largest moons by Galileo, to the incredible cloudscapes revealed by the Juno probe, to how Jupiter may have made our lives possible here on Earth.

CLASSIC CINEMA

Friday, Nov. 10, 11:30 a.m.

Bring a friend and enjoy a relaxing afternoon with a free film. Each classic film delivers a dose of nostalgia and is genuinely entertaining. Visit the center for movie details. An episode from a TV sitcom will be screened at 11 a.m.

November Special Events

LA SPERANZA MUSIC CONCERT

Monday, Nov. 13, 2:30 - 3:30 p.m.

La Speranza is a professional group of string and wind players who bring to concert halls across Houston chamber music performances on period instruments of repertoire spanning from the Baroque to early Romantic eras. Named after the Italian word for "hope," La Speranza seeks to promote physical and emotional healing through their historically informed performances.

STAYING HEART (AND BRAIN) HEALTHY

Tuesday, Nov. 14 , 10 - 11 a.m.

While heart attacks and strokes have different causes and different symptoms, they are both the result of very similar cardiovascular risk factors, and are largely preventable conditions. A representative from Methodist Hospital's Neurological Institute will compare the differences and the similarities of stroke and heart attack and discusses what you can do to reduce your risk for both.

ASK A DOCTOR

Tuesday, Nov. 14, 2 - 3 p.m.

A UTHealth physician will review the reasons why people should see a CP/Geriatician, and explore questions she gets asked a lot, many of which are myths, and requests for guidance in safely managing common health concerns. She will discuss older-adult-friendly ways to safely manage and navigate these concerns either at home or with a doctor.

HOW TO USE YOUR SMARTPHONE

Wednesday, Nov. 15, 10 a.m. - noon

Learn the basic functions of your smartphone and the different apps available with a Harris County Technology Specialist Learn how to use your camera, review photos, send an email and text, edit settings, download apps, use maps, and more. Please bring your fully charged smartphone to class.

TOP TEN SCAMS

Wednesday, Nov. 15, 1 – 2 p.m.

Scam artists are skillful criminals who successfully change their schemes on an ongoing basis to continue to steal money from their victims. Fraudulent schemes targeting older adults are increasing daily in an ever-changing landscape. Learn what to look out for when scammers call with the Better Business Bureau.

November Special Events

STAYING SAFE DURING THE HOLIDAYS

Wednesday, Nov. 15, 2 – 3 p.m.

Learn how to shop and travel safely during the holiday season. The very popular, Sergeant Woodard will be discussing this eye opening and fresh approach on staying safe during the busy holiday season.

FRIENDSGIVING LUNCHEON

Thursday, Nov. 16, 11:30 a.m. - 1 p.m.

Glazier SEC is hosting a Thanksgiving luncheon. Meal tickets will be \$10 per person and a reservation is required any time before the day of the event. The meal will include turkey, dressing, mashed potatoes with gravy, green beans, cranberries, a roll, and tea.

A dessert of pumpkin or pecan pie will also be provided. Come enjoy quality time with other Glazier members and friends.



CLASSIC CINEMA - PART 1 & PART 2

Tuesday and Wednesday, Nov. 21 and 22, 1 p.m.

Bring a friend and enjoy a relaxing afternoon with a movie. Movies from various genres will be played throughout the month. Visit the center for movie details.

BOOK AND PUZZLE EXCHANGE

Tuesday, Nov. 28, 10 a.m. – 2 p.m.

Please bring books or puzzles to swap with other participants. All leftover boxes and puzzles will be donated to a local donation site. If you drop one off, please pick one up.

November Special Events

BACKYARD HABITAT Q&A

Tuesday, Nov. 28, 1 - 2 p.m.

Join us as we cover the basics of creating your own backyard habitat! A

Precinct 4 Park Naturalist will be available to provide tips and answer questions, whether you want to enjoy birds, butterflies, or blooms. Come prepared to spend some time outdoors.

ESTATE PLANNING

Tuesday, Nov. 28, 2 - 3 p.m.

Join the County Attorney's Office to learn more about what it means to plan for the future of your estate. This event will go over insurance beneficiaries, bank accounts, transfer upon death deeds, and simple wills. You've worked hard for everything you own. Learn how to ensure your family and loved ones are taken care in the future.

CRIME PREVENTION AND SAFETY TIPS

Wednesday, Nov. 29, 1 - 2 p.m.

Learn important information about crime prevention with the Harris County Sheriff's Office Community Problem-Oriented Policing Unit. Helpful safety tips about lighting, alarms, windows, landscaping, garage doors, and vehicles will be discussed.

November Special Events

Other Events

At Glazier SEC | Community Welcome

Harris County Precinct 4 declares no affiliation, endorsement, nor any partnerships with any of the groups or organizations hosting the following meetings.

Bipolar and Depression Support Group

By re:MIND Support

Wednesdays, 11:30 a.m. – 1 p.m.

The re:MIND support groups are led by trained and passionate individuals. They provide a trusting environment of peers who understand and accept each other. They are supervised, managed, and monitored by licensed mental health professionals.

Acupuncture

By Durrett Chiropractic & Natural Healthcare Clinic, Sherry Durrett

Tuesday, Nov. 7, 1 - 2 p.m.

Acupuncture is a component of traditional Chinese medicine that originated in China over 5,000 years ago. The benefits of acupuncture can extend to a wide variety of conditions.

Neck and Posture

By Swift Recovery, Ro Suarez

Tuesday, Nov. 14, 1 - 2 p.m.

Posture is more than holding the body in a certain position. Most Neck discomfort does not happen in the neck. Learn the body's "Triangle" of head, shoulders, and spine to feel and move better.